



# Spare Lesson Plan

## **Day extra: Coping Tools and Calm Kits**

**Grade Level:** K-8

**Duration:** 45–60 minutes

**Theme / Focus:** Building emotional resilience by creating personal Calm Kits that support self-awareness, coping, and care for mental wellness.

### **Brief Description:**

Students will create their own personalized “Calm Kits” — small containers filled with items or written reminders that help them feel calm and supported when emotions run high. The activity encourages reflection on coping strategies and provides a tangible toolkit for mental resiliency.

### **Goals:**

- Identify personal coping strategies that help regulate emotions.
- Encourage self-awareness and self-care through hands-on creation.
- Promote peer sharing of positive tools for emotional resilience.

### **Materials:**

- Small containers (zip-lock bags, jars, or boxes)
- Paper and pens/pencils
- Art supplies (stickers, markers, washi tape, crayons)
- Optional calming items: stress balls, small rocks, fidget toys, essential oil samples, glitter jars, affirmation cards

### **Procedure:**

#### **Step 1 Introduction (10 minutes):**

- Start with a short discussion:
  - “What helps you feel calm or happy when you’re upset?”
  - “What are some ways we can take care of our emotions?”
- Explain that today everyone will create a personal Calm Kit filled with tools that help them regulate their emotions.

#### **Step 2 Create the Calm Kit (20–25 minutes):**

- Distribute containers and materials.
- Encourage students to fill their kit with items or notes, tricks or habits, reminders that help them feel calm, focused, or supported. Examples:
  - Small object to hold or fidget with
  - Written affirmations or motivational quotes

- Drawing or coloring pages
  - A reminder of a happy memory
- Students can decorate their containers with art supplies to make them personal and inviting.
- Focus on resiliency. How to grow beyond those moments of difficulties.

**Step 3 Sharing and Reflection (10–15 minutes):**

- Invite students to share one or two items from their kit if they feel comfortable.
- Discuss how different strategies work for different people and that it's normal to have unique tools.
- Highlight the importance of using these tools proactively or when feeling stressed, anxious, or overwhelmed.

**Discussion Prompts:**

- Which item or strategy do you think will help you the most?
- Did you discover a new coping strategy today?
- How can you use your Calm Kit at school or at home?
- Why is it important to have a plan for managing big emotions?
- How can we support each other when someone else is feeling overwhelmed?

**Adaptations:**

- For younger students: Pre-select items for Calm Kits and provide simple labels for each tool.
- For older students: Include journaling prompts or reflection sheets with their kit.
- Can be adapted for classroom or virtual settings by using paper-based or digital kits (lists of strategies, printable affirmations).